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THE
AIR CURE;
OR
ATMOSPHERIC
THERAPEUTICS.

By L. D. FLEMING, M.D.

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Elimination, or Vacuum Treatment of the Arms.



[For particulars, see page 9.]

Elimination, or Vacuum Treatment of the Legs.



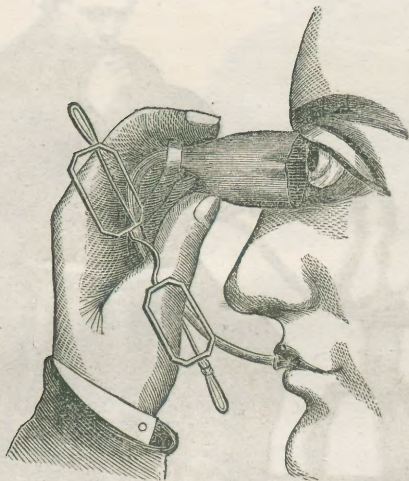
[For particulars, see page 9.]

The Eliminating or Bellows Respirator, used inside
or outside the Bath.



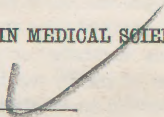
[For particulars, see page 18.]

Elimination, or Treatment of the Eyes.



[For particulars, see page 38.]

THE
AIR CURE;
OR
ATMOSPHERIC THERAPEUTICS,
ITS PHILOSOPHY,
PATHOLOGY AND RESULTS,
BEING
A NEW DISCOVERY IN MEDICAL SCIENCE.


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ATMOSPHERIC THERAPEUTICS,

OR THE

CURATIVE POWERS OF AIR.

A NEW DISCOVERY IN MEDICAL SCIENCE.

No element essential to animal life, is of so much importance as atmospheric air. Life can be perpetuated for days, or even weeks, without water or food; but only a few moments without air. Nothing is of so much importance to health, comfort, or the cure of the sick, and to even existence itself, as plentiful and pure air.

All the luxurious comforts of life, nursing, care, medicine and medical skill; bathings, frictions, stimulants, anodynes and nutriments, or whatever else may be named, are as nothing, and not worthy to be compared with a good supply of pure air, as an indispensable element for the cure of the sick; and at last science has laid hold of it, and by a new process of skill and force, has actually impressed it into the service of humanity, for new uses and by new modes of application.

The mariner long since yoked up the winds and made them tributary to the interests of commerce; science has succeeded in harnessing steam, and made it the mightiest courser on sea or land; it has bridled the lightnings, and

tamed them to mighty messengery o'er continents and seas; a German peasant has successfully impressed water into new sanitary uses: and now science has played "Rarey" with the greatest element of life, viz: the atmospheric air, and by a mechanical and chemical process, has subjected it to the behests of man, and evoked from it new uses and new powers. It has purified and disciplined it to become one of the greatest sanitary agents of the age, and perhaps of the world! As an auxiliary in the treatment of disease, it must unquestionably hold a place as far above all other curative and sanitary agents, as its relation to animal life is above all other elements or agencies known to science.

When we shall fully understand the important part played by the atmospheric air, in the processes of animal life, we shall at once comprehend its advantages over all other known agencies in the cure of disease. Hence, we shall notice that,

First—The earth is surrounded by a transparent, compressible, elastic and invisible fluid called atmosphere or air. This fluid exerts a pressure of about 15 pounds to each square inch of the surface of the earth and of the animal body. It is a compound substance, consisting of oxygen and nitrogen when in a pure state; but is impregnated more or less with carbonic acid, ammonia and aqueous vapor. The constituents of air best adapted to respiration and health, are oxygen and nitrogen in their pure state, and in proper proportions. Carbonic acid gas and ammonia, are both unfit for respiration, and will speedily destroy life when largely inhaled. Hence oxygen is called vital air, and the proportion of it which pure

air contains, is just what is required for the existence and preservation of all animal life. In proportion as the air is impure or deficient in the vital quality, the life forces will depreciate, and the healthful tone decay. Hence it is that,

Secondly—Oxygen is the constituent of the air upon which life and health depend. In the performance of respiration, it is inhaled into the lungs, and through them is carried into the blood, imparting to it those vital qualities which alone can give purity and health. It aids in the destruction of those waste matters which, when left in the system, are dangerous to animal life. Imperfect oxygenation of the blood is what mainly causes its impurity, by leaving in it those worn-out matters that should be consumed by oxygen, whose office is to change the venous blood, which is returned to the heart full of carbon, and nearly black with its effete matters, into a bright vermilion red, which it does instantly, purifying it so as by fire, from what otherwise would soon produce death. This is the only provision made by nature to remedy this constantly recurring contingency. All other pretensions for the purification of the blood, are baseless and useless. There can be but one purifier of the blood, viz., pure air. Our blood is made and used every hour, every moment, and so we inhale, or should, its only purifier, every moment of our lives. If drugs were necessary to purify the blood, we should need to take them as steadily as we breathe.

The blood can make but one revolution of the body, without the need of re-oxygenation or purification. It is the office of oxygen to do it, and so we need it; nay,

we must have it, every moment of our earthly existence. When the blood is pure, the body is healthful ; but if it be impure, all the functions of life are relatively embarrassed, and disease in some form is the result, and the vital forces of the system are reduced, in proportion to the impurities in its fluids. Hence,

Thirdly—When the vital energy of the body is so much reduced by the preponderance of effete matters in the blood, as to cripple the functional integrity and energy of the life forces, the lungs at once become incapable of assimilating oxygen enough from an ordinary atmosphere, to consume the excesses of impurity ; and as a necessity, this diseased condition must continue to increase unless a larger amount of oxygen can be carried into the blood. Exercise, therefore, in general, is highly recommended as a means of inhaling a larger amount of air. But in so doing, the expenditure of vitality is often equal to, if not greater, than that received. The consequence is, the patient in such cases, is not only not benefited, but often greatly injured ; because the outlay is greater than the income—the expense to the system heavier than the compensation received.

Now, if science can command and control the natural elements and forces of life, and devise the means by which the vital energy of the system can be quickened, in a natural way, by doubling the elementary forces of life in the decaying body, then we have solved a problem of the utmost importance to the human family.

I am happy to announce that the principle in natural philosophy above alluded to, has suggested the use of two or more atmospheres applied by machinery, and

purified by a chemical process, thus relatively increasing the curative powers of the system, and the chances of cure to the sick. This, by so much, increases all the vital forces and functions of life, and does it by a normal process, and in the use of natural agencies or means. The experiments already made, during some three or four years of trial, demonstrate its practicability and unequalled results.

By the new Eliminating Air Bath, recently perfected, and manufactured by DRAPER STONE & D. C. RAND, Esqs. the Air Treatment, in all its varied applications of quantity, quality, density, temperature, local applications, &c. is so cheapened, simplified and popularized in its practicability, as to make it one of the greatest sanitary and curative devices of the age; at the same time, bringing it within the reach of all.

During the short time of its experimental use, it has made more cures, in proportion to the number and condition of patients treated, than any other method ever employed. From its very nature it is applicable to all forms of disease, whether acute or chronic. It is the natural element of life, and must cover the totality of cases and symptoms better than any other means within the reach of man.

It is a well known fact in natural science, that a rare or light atmosphere will induce debility even in a healthy person, in a very short time; while, on the contrary, a dense, bracing or compact atmosphere, will invigorate an invalid in the same ratio. Now, by forming an atmosphere of twice the ordinary density, a person can inhale twice as much air at a respiration, without experiencing

the least inconvenience, without the expenditure of any excess of vitality, and without the possibility of injurious effects. This, of course, increases, *pro rata*, the amount of oxygen in the blood, and the vital and curative resources of the body.

This invention consists of an iron room called a bath, made air tight, with a door for entrance and lighted with thick plate-glass, and controlled by valves, by which the pressure can be perfectly regulated to any density required. The air is forced by an air-pump into the bath, and from the bath passes off through a regulating or safety-valve. The amount of fresh air passed through the bath is double the quantity necessary for the patient; thus a constant stream of pure air, of double volume, is passed through, for as long a time as is thought necessary for the case. The temperature of the air is perfectly under the control of the operator, and such as is most agreeable to the patient, or best adapted to the cure. It may be cool, temperate or warm. Hence, the temperature of any desired climate is attainable; or even the high heat of the Russian or Turkish baths, with the advantage of being clear and bracing, never producing the languor and exhaustion peculiar to those vapory baths.

This Eliminating Air Bath is capable of more varied applications of air for medical purposes, than anything heretofore devised. It can be used for the exhaust or eliminating air action, by which the patient breathes a higher pressure than that surrounding the body; thus passing the air through the body, as water would pass through a bag or basket, by which the blood is invited to the surface, equalizing the circulation, relieving con-

gestions, warming the extremities, casting off effete matters through the skin, removing deep laid internal obstructions, by quickening all the fluids in their channels of motion. By this process, the patient assimilates from *fifty to one hundred* per cent. more air and oxygen, than under ordinary circumstances.

This can be done by partially exhausting the common pressure around the body, while breathing the standard of *fifteen* pounds. Or, the patient may be put under an additional compression of one and a half to two atmospheres, and yet breathe a still higher pressure than that surrounding the body, thus greatly exalting the vigor of treatment; or, he may simply be left to breathe two atmospheres as ordinarily done, by simple compressed air treatment. All this can be done at any temperature desired, from a cool tonic air up to the high heat of the Turkish bath, producing the most luxurious sweating bath.

Then, again, it is adapted to give the local eliminating or equalizing treatment, by which we have, within a few months, compassed some of the most satisfactory cures, in our knowledge or experience. This is done by placing either upper or lower extremities into air-tight receivers, from which the air is exhausted to a degree easily borne by the patient; by which process the circulation of the entire body is quickened at once, relieving almost instantly, local congestions, in any and every part of the body, throbbings, pulsations, palpitations, and all pains and aches, and sufferings, contingent on disturbed circulation of the vascular or nervous system. It also furnishes the best and most practicable facilities ever offer-

ed for Dry Cupping, which is in short, the alphabet or beginning of Air Treatment. For all bleedings from local congestions, as spitting of blood, bleeding of the nose, lungs, stomach, uterus, bowels, &c., it stands unrivaled, both in its promptness and certainty of action: and is most certainly destined to open a new epoch in the cure of the sick. It is adapted to the cure of a class of cases that ordinary therapeutics will never reach; and as an auxiliary, is of almost universal applicability, being always safe, and never contra indicated, in some of its varied forms of application.

ELIMINATION,

As here employed, is the process, whether carried on by nature or art, by which effete matters, worn-out material, morbid or diseased elements in the body, are thrown off or expelled from the system. This is accomplished under Air Treatment, through all the natural channels of excretion or expulsion; as through the pores of the skin, the lungs, bowels, kidneys, &c., all of which are invigorated, and increased or exalted in action, and restored to lost integrity of function, simply by augmenting the natural forces of life, by the use of natural agents or elements, and without that expenditure of physical capital which always attends drugging or powerful medications of the body. It is removing obstructions by restoring integrity of function.

CONGESTION.

Few people, not even excepting the medical profession, have any adequate idea of the signification of the word

"*Congestion*," or at least the area it covers, as a *cause*, in human suffering. There is scarcely a disease to which human nature is heir, that is not attended, in some of its stages, by congestions; producing chills, fevers, oppressions, bleedings, cold extremities, shiverings, strictures of chest, sudden palpitations of the heart, nose-bleed, terrible head-aches, vertigo or swimming of head, apoplexy, fits, insanity, &c. &c. Indeed, there is hardly a nameable ill without the presence of congestion, as a disturbing element. Now, whatever method is best adapted to restore the lost equilibrium in the body, gives the best promise of cure. If nature has furnished an element, which under the manipulations of art, is harmless, efficacious and prompt, let us avail ourselves of it! Experience has demonstrated beyond all contingency, that the proper use of Air—the all-pervading, indispensable, irrepressible Air—God's best and most boundless gift to the denizens of earth, is the most sovereign agent within our reach, to meet this great human infirmity, *Congestion*. This corrected, the cause is removed, and a thousand incidental effects will cease! Hence, its range of curative power is immense; and it should, nay, it *will*, be adopted as one of the most potent and valuable agencies in therapeutics.

PATHOLOGY OF AIR TREATMENT.

The theory here advanced has been fully demonstrated by careful provings made by skillful Physicians, during the last few years to be correct, by the absolute and permanent cure of numerous cases of Congestions, Paralysis, Rheumatism, Neuralgia, torpid states of the Liver, Constipation, Asthma, Suppressed Menstruation, Debil-

ity, Spinal Diseases, Spermatorrhœa, Functional derangements of the Heart and Brain, (if no organic lesions exist,) Deafness, Incipient Consumption, and other diseases.

The Air Treatment, cures many internal affections. First; By inviting the Sanguineous Circulation to the surface—and Secondly; By restoring the torpid or preternaturally excited nerves to their normal and healthy action; thus relieving internal Congestions, Inflammations, and even Ulcerations, and restoring the organs laboring under these affections, to health and soundness.

It is upon this principle, that the treatment has been so singularly successful in curing Paralysis, Tonic Muscular Contractions, and in restoring the Stomach, Liver and Bowels, which had long been in a morbid condition, to their healthy functions, thus relieving obstinate and habitual Constipation, Indigestion, &c. Many internal and external Tumors may thus be removed—the Eliminating process stimulating the nervous system to a healthy action, and exciting the absorbents to take up abnormal formations.

On this principle, Congestions, Spitting of Blood, and Inflammations of the Lungs, have rapidly yielded to this treatment, and we are of opinion, from experiments already made, that recent Tubercles of the Lungs may be readily absorbed.

Chronic Congestion of the Chest, is one of the causes of the constant, harassing, teasing coughs attendant on the early stages of Phthisis, with tickling, rattling and oppression, and is relieved promptly and substantially by this treatment. Relieving the congestion, assists, un-

questionably, in absorbing and eliminating tuberculous deposits.

We do not claim a perfect Panacea in the new application of *Air*, for all the ills that flesh is heir to! We do not claim that it is the *only* remedial agent in the *world*, for the cure of the sick! But we *do* claim for it the merit of possessing an exalted natural power, for the treatment of disease. It must prove, too, one of the best auxiliaries of cure ever employed. Its very nature makes it applicable to all cases and diseases, because it is the natural element of all animal life.

A scientific, thorough, and well regulated system of provings and varied applications, will, no doubt, enlarge its area of usefulness, constantly revealing to us new curative powers.

Thousands are suffering with long-standing diseases, which medicine has failed to reach, and yet for such nature has provided a means of cure. How many in search of health, make long voyages to get a change of climate, and a pure air? They expend thousands of dollars, separating themselves from home and friends, and often get no relief. But here, with this discovery, the sick may find any desired climate, at home—a *Chemically Pure Air*, in double or treble quantity; or, if need be, it can be made like the light mountain air, and at any desired temperature, and at a comparatively small cost. This new Eliminating Portable Air Bath, comes within the reach of every Physician; and even many private families can avail themselves of it, at home!

DIRECTIONS

FOR USING THE ELIMINATING AIR BATH.

For a simple Compressed Air Bath for Tonic and Invigorating purposes, the Patient is seated in the Bath, the door closed and fastened down air-tight, care being taken to secure the fastenings *well*, so they will not slip off and let the air suddenly escape. The pump is at once started, working it with vigor, so as to give the patient a bountiful supply of fresh air. The pressure should be carried up to the prescribed point as soon as practicable, so as to give the patient at once the best possible atmosphere, which he will get as soon as the air begins to blow off at the regulating guage.

The patient is to regulate the incoming pressure, by the little wheel valve before him; letting off a *very little* pressure if it comes in so rapid as to cause pain in the head or ears, which, however, will never occur, unless they are badly diseased. The pressure should seldom, if ever, be carried above 20 lbs., which is indicated on the air-gauge or scale, and where the weight is to be set. When the prescribed pressure is attained, be it 15 lbs. or 20 lbs., *more or less*, the valve will rise, letting off the air, thus preventing any higher pressure.

The prescribed pressure may be attained, in from *seven* to *ten* or *fifteen* minutes, according to the pressure prescribed, and the vigor with which the pump is worked. The patient may remain under full pressure, from 15 to 30 or 60 minutes, according to the effect. Some will even bear two hour baths. But the baths should never be pushed to the point of producing exhaustion, by over-

doing the matter, and causing too marked a re-action on coming out of the bath. The best guide is what is comfortable and refreshing to the patient, during and *after* the bath.

When the general Eliminating Treatment is combined with the Condensed Bath, the time necessary to remain in the bath will be shortened, as thereby the power of the bath is greatly exalted. This is done by inhaling from the tube, with which is connected an elastic air-reservoir, receiving from the pump and holding a higher pressure of air than that surrounding the body. By this process, used at a higher or lower pressure, which is regulated by the adjustable valve in the mouth-piece, during the bath, a powerful expelling action is secured, which not only eliminates effete matters from the body, but makes a rapid change of air throughout the whole system, greatly increasing the amount of oxygen assimilated; at the same time, it serves also as one of the best expanders of the lungs possible to employ. This eliminating method can be used according to the wants of the case or the judgment of the physician.

For the Sweating Bath, the room should be made quite warm, so as to heat up the whole metallic chest, or *bath*, to about summer heat, or 80 to 90 degrees Fahrenheit; at the same time, put a lamp or gas-burner under the bath and at the lower mouth of the heat pipe, which runs up under the seat, so that will be heated up by the blaze, and thus warm the bath to any degree desired. A thermometer should be placed inside the window, so as to be seen by both patient and attendant; and the heat regulated by the lamp and pressure. Let-

ting off the pressure rapidly, cools the bath rapidly. Let the prescribed pressure be attained. Then use the eliminating process by breathing through the tube, and a prompt and copious sweat will ensue, which may be allowed to go on for 10 to 20 or 30 minutes, as indicated by the general condition and wants of the patient.

The distinguishing characteristic of this new Sweating Method, lies in the fact, that while the body is in a condensed atmosphere of high temperature, the patient is breathing a cool, refreshing current of air, of still *higher* density, received into the lungs through the eliminating reservoir, fresh from without, which has not been subjected to the heating arrangement of the bath, and which rushes on with impetuous force through the organism, driving before it a shower of perspiration laden with effete matters, leaving behind it as a compensating equivalent, an unusual supply of pure oxygen, which this treatment has *compelled* the body to assimilate. In all processes heretofore used, as in the steam bath, compressed hot-air bath, Russian and Turkish baths, the patient is compelled to breathe the heated, fetorous, degenerated air that surrounds the body. Not so with this new method. Science has heretofore procured no such results from the use of the natural elements as is thus obtained. Art can never supply its equal, by any chemical devices! The body, instead of being effeminated into exhausted languor, comes out refreshed, being actually sur-charged with superadded vital force. Every one at all acquainted with the philosophy of respiratory life, must see at once the value of this device.

When the patient is ready to come out, let the pres-

sure off so gently as not to chill him by too rapid a change of density. The pump should be kept at work, at least moderately, during this process, to supply pure air. On leaving the bath, the patient should immediately be washed off in tepid water first, then cool water. Wipe dry, and rub well; and when dressed, especially if the patient is feeble, reclining and resting one or two hours will be of great service.

The wet sheet applied on leaving the bath, is very convenient to give, and very agreeable to the patient: first using it warm, then cool, and follow with thorough dry sheet rubbing. This could be done in a parlor without desecrating its neatness.

LOCAL TREATMENT.

Local Eliminations, are among the most powerful *Æropathic* agencies. The results from this treatment, are often perfectly surprising. Few persons have the least conception of what may be accomplished by this simple, but potent agency. This is accomplished by putting the extremities into air-tight receivers, and exhausting the air, which is done by facilities belonging to the Bath, and thus dry-cupping the parts, with such force as the patient can bear, for 10 to 20 minutes. The intensity of this application is regulated by the patient's sense of what he can bear, and is entirely under his control, and may be done inside or outside of the Bath. Dry-cuppings are also practicable, and may be applied to any and every part of the body, with the greatest facility, and with any force the case may need, or the Physician prescribe. Hence, this treatment may be applied to

the limbs, body, ears, bowels, stomach, chest, spine, and indeed, to every nameable external part of the body.


In Spinal Irritations, Congestions, Inflammations, local pains, Rheumatism, Sciatica, Neuralgia, Impotencies, &c., the effect is often magical. For the cure of cold extremities, Numbness, Cramps, Paralysis, and Paralytic tendencies, it has no rival. The treatment seems to be greatly increased in power and efficiency, and is intensified by associating it with a condensed atmosphere.

STILL, AND ELIMINATING AIR TREATMENT.

Experience has led us to believe, that the greatest curative phenomena, connected with Air Treatment, lies more in the "Eliminating" than in the "Still" Air Appliances, i. e., the process of active movements of Air *into, out of, or through* the system, which stands in relation to *air* much as a sponge does to water; it may contain less or more, and the element that surrounds it, or in which it is immersed, will permeate it to a perfect balance or level. If we partially exhaust the air *around* the body, at once the air *within* it begins to pass out, seeking its balance or level with the surrounding atmosphere—much as water rushes out of the sponge when lifted from that element. When the body is subjected to a compressed atmosphere, the Air at once begins to permeate and fill it, thus keeping a level or balance between the air without and within. When this level is attained, the pressure remaining the same, the person feels much, or *just* the same as in the ordinary density. It is the in-coming and out-going atmospheric action that stirs up and quickens the circulation and forces of the living

body. A *still, condensed* atmosphere will, doubtless, increase, measurably, the life forces, and the amount of oxygen assimilated; but the Eliminating, moving or active Air Treatment, is the great secret of its magical curative powers. It is the ingress and egress of the air that reveals local obstructions, more especially when they exist in the bony sinuses or cavities; sometimes causing severe pains, and producing sudden discharges of blood and morbid matters, that had caused, by their presence, years of distress and pain. When this occurs, it is an omen of great promise to the sufferer, giving assurance of a successful issue.

Now, this "*Eliminating*" process, is evidently of much more importance than *high pressure* of condensed air. If a current of water passes through a fabric, it cleanses it much more perfectly and rapidly than if it were to lie in "*still*" water. So, currents of air, passing through the fabric of the body, necessarily change its condition by removing obstructions, purifying its fluids, and exalting its power of assimilating oxygen, *relatively*, more than "*still*" Air Treatment. When a patient breathes a higher pressure of air than that surrounding the body, it of course passes through the body, casting off or eliminating morbid matter from the system, more rapidly than sitting in a "*still*" atmosphere, though it may be of greater density; compression of air, combined with the Eliminating process, must excell all other manipulations or devices of Air Treatment. Its effect is more appreciable, prompt and thorough, and its cures more rapid and marked.

 This Eliminating Process is accomplished by breathing through the graduating

BELLOWS RESPIRATOR,

which is regulated by weights, so as to give any elevation of density for respiration, required, above that surrounding the body.

Several inquiring, progressive and reputable Physicians, have, within the past two or three years, been proving, by extensive practice, the value and uses of simple exhaust Air Treatment, or treating disease by partially exhausted Air. Drs. JONES and FORD, of New York, and one or two Physicians in Western cities, have by this method alone been very successful in a class of chronic diseases seldom benefited by ordinary methods. Their record is highly creditable, even with this imperfect and partial use of Atmospheric Therapeutics. We shall give in our statistics, some of the results secured by them.

If so partial and imperfect a use of Air, compasses such satisfactory results, what may not be expected from the varied manipulations of the atmosphere, secured by this new device? The advantages are quadrupled in the intensity and variety of its uses. It is a combination of all the experience heretofore had, with the addition of entirely new devices, arising from these combinations. We get the effect secured by partially exhausted Air, while the patient is in a double atmosphere, by the use of the Eliminating or *Bellows* Respirator, thus greatly exalting the power of the treatment; and the same may be said of all the varied uses of Air, hereby secured.

EXHAUST AIR TREATMENT.

The Exhaust Air Treatment which has claimed some attention, and achieved much good, within the past two or three years, is accomplished by putting the body of the patient, except the head, into an air-tight receiver, and then with an air-pump, exhausting the air from around the body, to the extent of 6 or 8 to 12 ounces to the square inch, more or less, as the patient can bear, for 7 to 10 or 15 minutes. This, of course, produces a powerful eliminating action on the body, equalizing the circulation, and expelling effete matter. This is done by the patient's breathing a higher pressure than that surrounding the body.

Now, if we can get the same atmospheric relations to the body, under much better conditions, then we are gainers by so much. The patient may sit in the *common standard of air pressure*, and breathe 6, 8, 12 or more ounces *higher pressure*, and we get the same eliminating conditions, with increased air facilities, with much less trouble in accomplishing it, and very much more pleasant to the patient. But let us put the patient into *two atmospheres*, and let him still breathe 8 to 16 ounces higher pressure than that surrounding the body, and we greatly exalt all the curative conditions! So, the Exhaust Air Treatment is *good*; the Eliminating Respiration, in the common standard of air pressure, **BETTER**; but in *two atmospheres*, **BEST**!

RULES FOR TREATMENT.

1. As little pressure as possible, should be *let off* by the patient while running up to the prescribed point of

density, as it disturbs the sensibility of a diseased head, as much to let the pressure *off* as to force it *on* suddenly. If it distresses the head or ears, the patient should swallow frequently. If *still*, the pain is annoying, let off a *very little only*, by the valve. When the escape valve opens, the disturbance ceases. In letting off pressure at the end of the bath, the patient's sense of comfort is the best guide for the rapidity of doing it.

THE SELF-GRADUATING ADJUSTMENT,

Arranged for the ingress and egress of pressure, connected with the Bath, is so perfect, as never to give any uneasiness, except to persons with greatly diseased heads.

2. In the majority of cases, the patient experiences a weary, exhausted feeling, from the effect of the first few baths; but if the *time* and *pressure* are well appointed, these symptoms will soon cease, and a sense of vigor and improvement take their place.

3. The Tonic Baths should not be so warm as to sweat much, if any; nor so cold as to produce marked rigors. Regulate the susceptibilities of patients to heat and cold, in part, by clothing, in the tonic treatment.

4. The Sweating Bath should be especially suited to the condition of the patient, and the effects produced; some require much longer and hotter baths than others, to secure the same results. As a rule, *five to fifteen* minutes, after copious perspiration begins, is sufficient. The treatment after the sweat, should always leave the patient feeling warm and refreshed.

5. When the general tonic treatment produces soreness or sensibility of the chest or body, the local eliminating treatment to the limbs must be combined, or alternated with it.

6. When any of the treatment produces marked soreness, sensibility, nervousness, restlessness, &c., whether it be general treatment or local eliminations, the case is evidently being driven too fast: an exception to this rule, however, is found in cases where there are severe diseases in the head, ears, and sinuses of the skull; the cure and clearing up of which, are almost always attended with much soreness, sensibility and pain.

7. A guiding star, in well adapted treatment, especially in diseases affecting the mind and nervous system, is, that it soon produces quietude and refreshing sleep.

B L O O D .

Healthy blood is made up of all the elementary constituents of the body. Out of this crimson fluid, is assimilated material for supplying all the wastes which are constantly taking place. It is composed of the necessary elements for keeping the human system in perfect repair, as it holds in solution, in *infinitesimal* particles, such solids and fluids as are needed to make every thing belonging to the system, and to supply all the waste, the wear and tear contingent on the working of the machinery of life. Its circulation through the entire system, is the process for distributing and appropriating these elements.

The quantity of blood in a healthy man of ordinary size, is about 27 lbs. It averages about one-fifth of the

whole body in weight. This blood, in the process of circulation, passes through the lungs and heart, and thence to every part of the body, three times every minute, which would give a *weight* of blood passing through the heart, of about 500 lbs. per hour! This free, unobstructed, unceasing distribution of the blood, is essentially necessary—nay, it is indispensable, to the health of the body. Check this free circulation in any part, and that part is diseased, and the whole body suffers. Stop the circulation, and motion-sensation and life are stopped. Suspend the circulation only for an instant to the brain, and fainting, swooning, syncope, and loss of sensibility ensue, respiration is stopped, and the heart ceases to beat. A rush of blood to the brain, and we have congestion, inflammation, mental, moral and functional derangement—apoplexy, epilepsy, paralysis. A rush of blood to the lungs and chest, and we have inflammation, suffocation, bleedings, &c. Disturbed circulation, in whatever part of the body it may be, produces disease. The phenomena or symptoms attending what is called "*getting cold*," always arise from a disturbed circulation. We get the feet wet and cold, driving the blood to the chest, and we cough. We get the body wet and chilled, closing the capillaries of the skin, and we have a rush of blood to the lungs, liver, kidneys, or plura. This will be followed with chills, fevers, shiverings, burnings, &c. All these symptoms accrue from a disturbed circulation of the blood, which, when it freely circulates, keeps the body warm. Nature, thrown out of her balance, seeks to recover it, and we get alternations of heat and cold, chills and fever, shiverings and sweatings.

Now, whatever will aid nature to recover a lost equilibrium, to equalize a disturbed circulation, will be to her a cure. Whatever will do it quickest and best, will be the quickest and best remedy for her. Nothing is so natural, prompt, harmless and certain, as appropriate air treatment. Nothing will so naturally, quickly and efficiently enter every tissue and substance of the body, invigorating the functions, removing morbid obstructions, excesses of accumulated carbon, and the rigors of embarrassed nervous tone, as proper appliances of air. By its inherent active force, it removes at once the barriers of obstruction. Its subtle currents find their way through every part of the organism. Its oxygen increased, lays hold on the surplus of carbon, consuming it as stubble; at the same time warming up the chilled body by increased animal combustion. This is a natural remedy, unattended by either pain or danger. It possesses the negative goodness of being harmless; and the positive goodness of being powerful! When its functions as a curative agent, shall be fully understood and appreciated, it will transcend all other agencies.

There is no school or treatment of medicine, in connection with which, as an auxiliary, it is contra-indicated, or will interfere. If combined with the *heroic* treatment of Alleopathy, it will lessen the danger of its recklessness; if associated with the infinitesimal sublimations of Homceopathy, it cannot interfere, except to exalt the power of the treatment and the chances of cure; if connected with Hydropathy, it will not only act in perfect harmony with it, but will transcend its most skillful uses.

TO THE MEDICAL PROFESSION.

We respectfully call the considerate and careful attention of Physicians to this subject—asking them not to pass it lightly over. Give it, gentlemen, your scrutiny, criticism, provings and friendship when you shall have found it worthy. You will most certainly find this theory and practice based upon truly scientific and physiological principles, and in harmony with the science and practice of medicine. If water, as a special therapeutic agent, has become a valuable auxiliary in the treatment of the sick, which is now generally conceded, why may we not look for great curative results from atmospheric appliances?

Our experience, in the varied experiments and observations made, and the results secured, within the last two or three years, satisfies us, beyond all contingency of doubt, that we shall find in Air Treatment, a curative power, just as far superior to that of Water, as the atmosphere is more important to animal respiratory life than water.

AIR is not a questionable drug—a charlatan sham—a pernicious mixture, unfit or unsafe for mankind to use; but the illimitable, indispensable necessity of life and health. But, you may say, "God has made it good enough as it is, without the need of any of the improvements of Art in its appliances!" The same objection is equally good against water, chemistry, mechanical science, and every advance made in the arts of civilized life. We manipulate electricity, and get therapeutic and telegraphic results. We manipulate water, and get not

only therapeutic results, but hydraulics in all their vast range, and circumnavigate the globe with its steam. So we might go on and fill a volume with the products that art and science have evolved from natural elements—of which we might say, "God made them all good enough;" so that they need no development by man.

Come, gentlemen, be true to science and humanity—be true to yourselves. "Prove all things and hold fast the good." This is a department of science connected with your profession; and if you choose to antagonize it, you will find it worthy of your steel. We do not propose to monopolize the atmosphere in its vast range, nor its uses; but we ask the aid of the Profession in developing and proving the therapeutic uses of air.

SYNOPSIS OF TREATMENT.

The following results have been gathered from our own experience, and that of others who are engaged in using *Air* as a therapeutic agent. In many kinds of sickness, no treatment has ever given a record of equal success.

INSANITY.

In this terrible and dreaded human infirmity, the percentage of cures under the Air Treatment, has never been equaled. Several have been treated at the Air Bath Institute, here in Rochester, with perfect success: the names and particulars of which will be given to any who have an interest in knowing.

Out of six cases of confirmed Insanity, treated at the Primary Experimental Bath, in Canada, the cure in every instance, was reported complete. The results secured by

the treatment, in Rochester, N.Y., in Insanity, have been equally satisfactory, in every case kept under the treatment. Out of four cases treated, *three* were cured. The other, receiving treatment but a few days, cannot be recorded as a failure.

Such a success, certainly commends the remedy to the notice of all Institutions devoted to the treatment of the Insane. It will not, of course, cure *all* cases; but if it will double the percentage of cures, it commands the respect of the public, and deserves the honor of being faithfully proved by those corporations devoted to this humane enterprise, and who have in charge the treatment of the Insane.

CONSUMPTION.

The Pathology of Consumption, makes it self-evident, that the Air Treatment holds a relation to that disease, that no other remedial agent does or can. It is the natural remedy. Those persons who are most subject to the disease, and most frequently fall a prey to it, are those, whose circumstances and condition in life, deprives them of that full supply of pure air necessary to healthful respiration. Tuberculous deposits arise from a deficiency of Oxygen in the system, whose office it is to consume and absorb them. The consumptive always finds the quickest and most permanent relief by constant exposure to pure air. Exposure, contingent on the life of the soldier, the hunter, the traveler, the surveyor, &c., where they are constantly bivouaced in the open air by night and by day, are known to compass more cures in Phthisis Pulmonales, than all the drug treatment ever

devised. *Air! AIR!! AIR!!!* is the great crying want and necessity of the sick, *especially* the consumptive.

The numerous cases treated here during the last year, has given an opportunity to prove its power, and its range of applicability. In the earlier stages, or at any period before the vital forces or the physical capital are well nigh exhausted, and actual destruction of tissue supervened, we not only get satisfactory, but often *surprising* results, both for promptitude and magnitude. In some very far advanced cases—in the very last stages, the Air Cure has shown a power over the symptoms never dreamed of by any other mode of treatment. We have seen the pulse reduced in a few days from 140 to the normal standard of 74—the hectic fever—the night sweats—the collicquative diarrhea—the swelled feet—all disappear, as by magic; and the life of the patient not only made tolerable, but lengthened out evidently, many weeks, keeping up his vitality, and making him comfortable to the very last day! We have treated cases beyond the hope of cure, and against all hope or promise of substantial benefit, to prove its capabilities; and the conviction is, that no treatment will so ameliorate the last stages of Phthisis, lengthen out the days, and increase the comfort of the patient, as well devised Air Treatment; and no method will make as many cures.

Great advantages are secured by the eliminating, local and general appliances in this disease—by breathing a higher pressure than that surrounding the body—by the exhaust appliances to the limbs and over the chest—by dry cupping along the spine, &c. For the cold chills—the intolerable rigors, so often crawling over the back of

the patient, like a slimy serpent, nothing is so potent as these appliances to the spine. This treatment opens a new era for the consumptive. We need not reject what experience has proved to be good ; but we certainly should add what a new experience has proved to be better.

PARALYSIS,

Is becoming an alarmingly prevalent disease, and is very difficult to cure by ordinary methods. *Brown Sequard*, in his excellent work on Paralysis, says :

“The most frequent cause of paralysis of the lower limbs, is certainly an inflammation of the spinal cord. The cause of paraplegia, which comes next as regards frequency, is the white or non-inflammatory softening. This affection is produced in the spinal cord, in a similar manner as in the brain, *i. e.* in most cases, as a consequence of an alteration of the blood vessels, the walls of which do not allow that free interchange of matter between the nervous tissue and the blood, which constitutes nutrition ; or probably in some cases, as a consequence of interruption in the circulation of blood, by the presence of a clot in a blood-vessel, or the pressure caused by a tumor in a blood-vessel. We think, that it will now be considered possible, if not probable, that the production of reflex paraplegia, is due to a contraction of blood vessels, and to the insufficiency of nutrition that follows this condition of the vessels.”

In speaking of the treatment of Paralysis, he evidently sought, by all means within his knowledge, to procure the results secured by our eliminating process, more promptly and perfectly, than by any other known agency. He says, “As regards the remedies to be taken by patients attacked with a reflex paraplegia, they must be those which increase the amount of blood in the

spinal cord, and augment the vital properties of this nervous centre.

“Applications of those means that may attract blood outside of the spinal canal, should be made as often as possible.”

So far as we have been able to make provings, and so far as we get reports of the provings of others, the Air Treatment is surpassing all other known agencies, both in the percentage and promptness of its cures.

The eliminating process of actually forcing the atmosphere, and with it the blood and nervous fluids, with increased impetus, through all the circulatory channels of the body, must of necessity, remove obstructions in the blood vessels, absorb carbonaceous deposits, distend contracted channels, impart nutriment to effeminated parts, and vitality to exhausted nervous tissues, as no drug treatment could. Its philosophy is apparent and incontrovertible, and its facts “stubborn things.”

SCIATICA.

Five cases of Sciatica, of long standing and violent type, all treated within the past three months, have been substantially cured, in from two to six applications of the eliminating treatment.

Mrs. E. J. Newman, of Akron, N.Y., was afflicted with what was called Neuralgia or Sciatica, through the left iliac region, and the left hip, for eight years, suffering untold horrors, and was cured in about four weeks.

DEBILITY.

General debility of the nervous and muscular system, is benefited very rapidly. As a tonic treatment, after severe acute diseases, it surpasses all medications.

SPINAL TROUBLES

yield to it with astonishing facility. It will prove a most valuable aid in their treatment. It has proved a perfect success in all the cases we have treated, making the cures in an incredibly short time.

RHEUMATISM.

A large percentage of the rheumatic cases treated, have given very satisfactory results. Dr. G. R. Starkey, of Philadelphia, who is using the simple Exhaust Air Treatment, says, "I am surprised at the result of the treatment upon cases of rheumatism. It puzzles me, for I do not understand the principle of it. One application upon an cedematous leg, was surprising. The more I see of it, the more I esteem its capabilities."

ASTHMA.

Its record in the treatment of Asthma is most satisfactory. We might fill pages with testimonials of those cured by Air. We might say the same of the numerous cases of BRONCHITIS, DYSPEPSIA, CATARRH AND NEURALGIA.

SKIN DISEASES.

For Eruptive Diseases, it possesses the most important natural requisites, by virtue of the power of oxygen in consuming and absorbing carbonaceous matter. By the eliminating method the skin is relieved of morbid deposits, and the integrity of the capillary functions rapidly restored.

The range of its curative powers may be judged of, from the following statement of P. T. WARE, Esq., of

Toronto, C. W., to whom we have written, asking his opinion of its curative merits:

"Compressed Air has proved one of the most wonderful agents in use for the cure of certain chronic diseases. We assert (and defy contradiction) that the Air Treatment has cured a greater proportion of the worst and most difficult cases of chronic diseases, and in less time, than any other treatment in use. Dyspepsia, of twenty years standing has been cured in six weeks. It has been most successful in treating Consumption in the early stages: time required, from six weeks to three months. Asthmatic patients, who have not gone to bed for three years, have been so far relieved in one week as to be perfectly comfortable, and in all cases greatly benefited. In Nervous Debility and Insanity, it has never failed; time required, from three weeks to three months; cases of short standing can be cured in two or three weeks. It has cured Bronchitis in apparently the worst stages of the disease. Rheumatism in its worst form has, in some cases, been cured in from one to three months. Inflammatory Rheumatism, in its acute form, can be cured in a few days: nearly all pain will be removed the first day. For Catarrh, it is the opinion of eminent medical men that there is no equal to it. In Liver Complaint, Deafness, Neuralgia, Scrofula and Dropsy, it has been most successful. In Acute Diseases, it is having the most wonderful effect. For weakly and delicate children there is nothing like it: in a very short time it will make them healthy and vigorous. It is also highly recommended by the Medical Faculty, for convalescent patients, as well as all cases of 'Debility,' to strengthen and invigorate the system."

The following reports are from the records of cures made by Drs. FORD and JONES, of New York city, and Dr. HADFIELD, of Cincinnati, Ohio. Honor to their heroism, perseverance and success. They must be regarded as pioneers, who have secured noble results,

although their facilities have been only rudimental, in the opening of Aeropathic Science, which is destined to usher in a new era in Therapeutics.

SYNOPSIS OF CURES MADE,

BY DRS. FORD & JONES, OF NEW YORK.

PARALYSIS.—Edward R. Phelps, Esq., 210 W. Twenty-ninth Street, N. Y., cured of a severe case of Paralysis of the left brain and right side. J. Conkey, Esq., formerly an officer in the New England Insurance Company, 106 Broadway, N. Y., cured of brainial Paralysis, of long standing. Daniel S. Young, Esq., No. 304 W. Thirty-second Street, near Eighth Avenue, cured of brainial Paralysis, existing for nearly six years. We have had but three cases of brainial Paralysis in this city, and although bad cases, yet they have been rapidly and permanently cured. Brainial Paralysis is rarely if ever cured by ordinary means. A son of a gentleman in this city, cured of Paralysis of the left leg, an old case. A lady cured of Paralysis of the left leg, a chronic case, references given.

DEAFNESS.—A. G. Bidwell, Esq., of Jersey City, N. J., cured of almost total Deafness, existing for over forty years, reference can be given to gentlemen of this city, who have known Mr. Bidwell for many years. A lady cured of partial Deafness, of six years standing, reference given. A lady cured of partial Deafness of the left ear, a chronic case, reference given.

RHEUMATISM.—We have cured a number of old cases in this city, which had resisted all treatment. Call and examine letters addressed to us on this subject, etc.

SPINAL DISEASES.—A lady cured of Spinal Curvature, and symptoms of Paralysis, a bad case, reference given. A gentleman cured of a Spinal Disease, of over twelve years standing, a bad case, reference given.

DYSPEPSIA.—G. W. Holt, Esq., No. 489 Broadway, residence No. 95 West 46th street, had suffered from a

severe case of Dyspepsia, since 1843; complicated with this was a painful Rheumatism of the left shoulder and arm, which had existed for over ten years, cured. The lady of a Physician in this city, cured of a bad case of chronic Dyspepsia; reference given. We have also cured numerous cases of Dyspepsia; city references.

SYNOPSIS OF CASES TREATED,

BY DR. HADFIELD, OF CINCINNATI, OHIO.

Mr. J. W. Reynolds, 151 East Third Street, aged 49, had been paralyzed (right side) nine years. Was cured by six weeks' treatment.

Mr. A. McCloud, 47 High Street, general paralysis. Was cured in one month.

A Frenchman, from Indiana, general paralysis four years. Perfectly cured in three months.

Mr. A. Boles, general debility, caused by typhoid fever; unable to attend to any business for six months. Cured in two weeks.

Mr. J. G. Hadfield, of Waukesha, Wisconsin, had not had any use of, or feeling in, his right leg for eighteen years, the leg being all shriveled up and shrunk away. In three months, the leg had grown nine inches in circumference; in six months can walk very well, and gaining strength every day.

A son of H. Jordan, of New York city, eight years old, was paralyzed in the lower limbs when eighteen months old; since then could not walk alone; spine badly deformed. After three months' treatment, can run where he pleases. Spine perfectly cured.

A soldier who had been in the Hospital over a year, perfectly crazy, was cured by three applications.

Mrs. Dickson, of this city, paralyzed three years, unable to walk alone, after two months' treatment, can walk where she pleases.


Mr. H. C. Boggess, of Indianapolis, Ind., aged twenty-two, been suffering over three years with a spinal affection; spinal column very much deformed; unable to walk for fifteen months. In one week's treatment could walk alone; curvature of the spine very much better, and improving all the time.

Mr. J. A. Coleman, of Covington, Ky., paralyzed eight years, lost all control of his bowels and urinary organs; has a set of instruments, and is treating himself at home. In six weeks' treatment was restored to perfect control of his bowels and urinary organs, and has to-day walked from his residence to my office, two and a half miles, without any difficulty, and intends to walk home. In answer to a question by a gentleman, he says, "there's not money enough in Cincinnati to put me back where I was three months ago."

IMPOTENCY.

DR. HADFIELD—I just called this morning, to express my thanks to you. I am perfectly cured, and married. When I came to you, I had been perfectly impotent for two years, first caused by getting over-heated in a steam boiler. I had doctored with most of the Doctors of this city, who make private diseases a specialty, but to no purpose, and had paid out \$350. I am now thankful to you, and shall be all my life. Any person suffering from weakness of that kind, can know all the particulars by addressing, with a postage stamp,

WM. GILLAND,
Lawrenceburg, Ind.

 We have just made at the Rochester Office, a cure of Impotency, of most aggravated character, by our eliminating method, in an incredibly short time, on a subject nearly sixty years of age! By the restoration of the arterial circulation to the exhausted parts, nutrition, vigor and integrity are rapidly restored. It surpasses all other methods.

DYSMENORRHEA.

This dreadful infirmity, which inflicts a *monthly torture* on so many American Ladies, and is so difficult to cure by all ordinary modes of treatment, finds a prompt and substantial remedy in our new eliminating or vacuum method. So far as we have made provings, it surpasses all other methods. The treatment is applied to the lower extremities, hips, back, thighs, groins, lower abdomen, perineum and vulva; this is done during the intervals, and especially during the last week or ten days preceding the monthly epoch, every day or every other day.

We are both happy and confident in announcing that it promises to be equally satisfactory in

SPERMATTERHEA AND IMPOTENCY.

The provings thus far, promise to it a rank actually peerless to all other known methods. It is opening new hopes and assurances to those thus afflicted. The method of treatment is much the same in all these infirmities. For

EXCESSIVE AND SCANTY FLOW,

This treatment is a regulator. It removes engorgements and congestions, and regulates the circulation, thus restoring integrity of function and regularity of habit.

When the treatment has been applied to upper or lower extremities, if the limb feels congested, stiff and swollen, as it may, if treated too vigorously, or too long, that condition will be instantly relieved by thoroughly rubbing the limb upwards, thus urging the venous blood along its course toward the heart.

CRYSTAL TUBULAR EYE-CUP.

This new patent device, involves the same principle in Philosophy, on which we base our practice of *Vacuum* or *Eliminating Air Treatment*, for therapeutical purposes, and is as applicable in treating the EYE as it is for any other part of the body, and, we may add, the EAR as well. The cure is effected by acting on the vascular and nervous system. The first being the source of supply to the effeminated or weakened parts; and the second, the source of all action and all functional integrity.

This process is a constituent part of our new, and we may say, *great* system of Air Cure. The use of the Cup forms a partial air vacuum, increasing the circulation of arterial blood, locally, thereby securing proper secretion, assimilation of nutriment, and elimination of effete matters, thus removing obstructions, which are the *cause* of all functional and organic diseases. The effect of this simple treatment is, in many instances, perfectly miraculous in its curative power on diseased eyes.

Our new *Tubular Eye Cup* surpasses all other devices for this purpose. Its force is perfectly under the control of the patient, from the gentlest action up to any intensity needed for any dry-cupping purposes. It excels the Elastic Ball Eye Cups, in every respect. It is not liable to get out of order—is much more durable, better adapted to its purposes, more easily manipulated, and cheaper.

Hundreds are being cured by this simple process, applied by themselves, at home, of *Impaired Vision*, (both old and young); of Weak and Watery Eyes, Amaurosis, Cataracts, and indeed, all diseases of the eyes and lids.

It is entirely superceding the use of glasses in very many cases, even in persons of advanced age.

The Cup is so adjusted to the eye, as to sit air-tight around the lid; the mouth-piece is now taken into the lips, as represented in the engraving, and the patients make gentle suction, more or less strongly, as they can bear it, for *two, three, or five* minutes, just before retiring at night. Sometimes two or three applications do a great work! Again, persistence for weeks is necessary. If there be much inflammation or soreness, frequent bathing in warm water will be of much service.

THE EAR-CUP,

Constructed on the same principle, is also of almost equal value, in the treatment of Impaired Hearing, Inflammation, Pains, Noises, Discharges, Ringing, Obstructions, &c., in the Ears. For the ears, it should be used night and morning, sufficiently strong to increase the circulation, and give warmth and redness to the ears. It is used by the patients themselves, generally, in the same manner as the eye-cup, but may be applied by others.

These Tubular Cupping Instruments can be sent by mail, to any who may order them.

NO SYSTEM OF BATHS,

Whether Water, Vapor, Mineral or Medicated, will give that healthful, smooth, fresh appearance to the *Skin* and *Complexion*, that is secured by *Air* Treatment. It has cured one case in this city, where, from infancy, the cuticle was more like a rough bark than a human skin; and which had resisted all other treatment!

Rochester Air Bath Institute,

Corner Court and Stone Streets.

This Institution, which has been closed during the Winter, opens with the Spring under new auspices, and with greatly increased facilities. To perfect the treatment as a system, there has been added to it, not only great improvements in the uses of *Compressed Air*, but the *reverse* use of Air for Elimination, both local and general; or a treatment in *Vacuum*, which is performing many wonderful cures. The use of compressed air and partially exhausted air, applied variously or alternately, as cases may require, is certainly adding to the healing art, new and unequalled resources.

No system of treatment for the cure of the sick, has ever made equal progress, or furnished such a record of successes. The combination of compressed air treatment, and exhaust air treatment, in all their various range of application, by the new and varied devices, added to the Institute, is opening a field and building a record, unsurpassed in Medical Science.

We do not claim that the Air Treatment will cure all diseases, but we claim that it has absolutely and permanently cured a large number of old and abandoned cases of the following diseases treated by these processes during the past two years, viz: Insanity, Consumption in the earlier, and sometimes even in the advanced stages;

Asthma, Paralysis, Liver Complaints, Dyspepsia, Constipation, Debility, Curvature of the Spine, Spinal Diseases, Functional Derangements of the Heart and Brain, (if no Organic Lesions exist) Diseases of the Kidneys, Rheumatism, Neuralgia, Dropsy, Weak Lungs, Deafness, (if from want of supply of Blood and Nerve Force,) Female Diseases, Diseases of the Eye, Vertigo Catarrh, Shrunk Limbs, Impotency, Epilepsy, Sciatica, Weakness of the Procreative Organs and Nervous Diseases, Painful Monthly Periods, &c. If those interested will call at our Office, or send for the *Illustrated Air Manual*, they will get full details, with the philosophy, facts, reports and statistics.

THE COMPRESSED AIR SWEATING BATH,

With the improved Respiratory Attachment, surpasses everything of the kind in use. The *Russian* and *Turkish* Baths hold no comparison as a curative agent. The Compressed Air Sweat Bath, gives to the patient two atmospheres, with a high heat for the body, while the patient is breathing through the Respirator, a cool, fresh atmosphere, of double density; thus giving vigor and copious perspiration at the same time. A high temperature and double weight of air for the body, and a cool, refreshing, pure air for the lungs, which is

A NEW METHOD.

Nothing of the kind has ever been used till now, and no such results have ever been secured. The treatment, as a whole, is positively unapproached by any other

method. It also forms one of the best known auxiliaries for the *Cure of Drunkenness!* So far as tested, it has succeeded in every case of Drunkenness and Insanity!! It is believed to be capable of curing fifty to seventy per cent. of these diseases.

NO METHOD OF THERAPEUTICS, we confidently believe, has ever made so brilliant a record, or so large a percentage of cures, and in so short a time, as the proper use of Condensed and Exhaust Air Treatment, especially in the following diseases, viz:

INSANITY,

PARALYSIS,

SCIATICA,

ASTHMA,

NERVOUSNESS,

DYSPEPSIA,

CONGESTIONS,

DISEASES OF THE HEAD,

EYES, EARS, SKIN, &c. &c.

N. B. Letters of Inquiry, should be addressed to the AIR BATH COMPANY, Rochester, N. Y., or to

L. D. FLEMING, M. D. & SON,

Physicians in Charge.

DRAPER STONE, Supt.

N. B. Our Water Bathing Department, the best ever offered to our citizens, will be opened to Ladies and Gentlemen, (not in connection with the Cure,) for Warm, Cold, Shower, Douche, or Sits Baths, as a luxury for the public, at reasonable prices.

AIR BATH MACHINERY,

Large & Small, Portable & Stationary,

With all the Eliminating or Vacuum Treatment Appendages, adapted to treat the whole body or any part of it, even to the Eye or Ear, can be obtained at the Office of the Air Bath Institute, corner of Court and Stone Streets, Rochester, N. Y.